

WHAT IS CLAIMED IS:

1. A hunting support for a hunter, the support comprising:

5 a cradle that receives the wrist and the forearm of the hunter, and a strap attached to the cradle wherein the strap secures the wrist and forearm to the cradle;

10 an articulating support depending from the cradle, and the articulating support having two articulating arms that articulate with respect to each other, and the articulating support further including a locking member, and the locking member being movable between a locked condition in which the articulating arms are secured from relative movement and an unlocked
15 condition in which the articulating arms are free to move relative to each other; and

a telescoping support having an adjustable length, the telescoping support having a pad at the end thereof, and the telescoping support being connected at
20 the other end thereof to the articulating support.

2. The hunting support of claim 1 further including a second strap attached to the cradle wherein the second strap helps secure the wrist and forearm to the cradle.

25 3. The hunting support of claim 1 wherein the pad presents an arcuate shape so as to conform to the hip of the hunter.

4. The hunting support of claim 1 wherein the telescoping support comprises a pair of arms that
30 are movable with respect to each other.

5. The hunting support of claim 4 wherein the pair of arms are secured together when the telescoping support is in a locked condition and movable with respect to each other when the telescoping support is in an unlocked condition.

6. The hunting support of claim 1 wherein the articulating support being connected to the telescoping support.

7. The hunting support of claim 1 wherein the hunter is a bowhunter.

8. The hunting support of claim 1 wherein the hunter is a hunter using a firearm.

9. A support for steadying the arm of a user, the support comprising:

a cradle that receives the forearm of the user;

a support depending from the cradle;

a telescoping support having an adjustable length, the telescoping support having opposite ends, at one end is a brace; and

the depending support being pivotally connected to the other end of the telescoping support.

10. The support of claim 9 further including at least one strap connected to the cradle for securing the forearm of the user to the cradle.

11. The support of claim 9 further including a pair of straps connected to the cradle for securing the forearm of the user to the cradle.

12. The support of claim 9 wherein the telescoping support comprises a pair of arms that are movable with respect to each other.

13. The support of claim 12 wherein the pair
5 of arms are secured together when the telescoping support is in a locked condition and movable with respect to each other when the telescoping support is in an unlocked condition.

14. The support of claim 9 further including
10 a locking member for locking the depending support in a pre-selected position when the locking member is in a locked condition.

15. The support of claim 14 wherein the depending support is free to pivot with respect to the
15 telescoping support when the locking member is in an unlocked condition.

16. The support of claim 9 wherein the user is a bowhunter.

17. The support of claim 9 wherein the user
20 uses a firearm.

18. A support for steadying the arm of a user, the support comprising:

a cradle that receives at least a part of the user's arm between the elbow and the wrist so as to
25 include the wrist;

a first adjustable support extending from the cradle, the first adjustable support having two arms that are movable with respect to each other, and a locking member that selectively locks the two arms from
30 relative movement with respect to each other; and

a second adjustable support having opposite ends wherein the axial length of the second adjustable support is adjustable, one end having a pad attached thereto and the other end being attached to the first adjustable support.

19. The support of claim 18 further including at least one strap connected to the cradle for securing the forearm of the user to the cradle.

20. The support of claim 18 further including a pair of straps connected to the cradle for securing the forearm of the user to the cradle.

21. The support of claim 18 wherein the second adjustable support comprises a pair of arms that are movable with respect to each other.

22. The support of claim 21 wherein the pair of arms are secured together when the second adjustable support is in a locked condition and movable with respect to each other when the telescoping support is in an unlocked condition.

23. The support of claim 18 wherein the pad presents an arcuate shape.